Seller's market for this spring

Regina's housing market is red hot, with almost a fifth more houses being sold this year compared with the same time last year. Realtors report more buyers looking for single-family homes than there are houses, and many properties are selling for above the asking price — just don't call it a bidding war. PAGE 3

FLYING PAST THE PENGUINS

PHILADELPHIA WINS EAST QUARTER-FINAL AND ADVANCES TO THE NEXT ROUND PAGE 14

REGINA metro®

Monday, April 23, 2012

News worth sharing.

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EARTH DAY FACE OFF

Damon Gentile shows off his painted face to his mom Kristina at the Royal Saskatchewan Museum's Earth Day event. The day featured a number of activities for kids, including paper-making and a bug hunt. CARRIE-MAY SIGGINS/METRO

Film tax credit row lives on

Petition. Supporters across the province push for premier to introduce new incentive for industry

MORGAN MODJESKI
Metro in Saskatoon

Supporters of the Saskatchewan film and media industry were out in full force over the weekend, in both Regina and Saskatoon, circulating a petition asking the province for an incentive to replace the Saskatchewan Film Employment Tax Credit (SFETC).

The petition blitz, organized by the Saskatoon Media Production Industry Association, was considered a success by organizers; roughly 3,000 signatures were collected.

Creator of the petition, Teresa Mead, said the new petition is not asking for the SFETC to be reinstated.

Instead, it is asking for an incentive to replace it.

"We've developed this new petition, the hardcopy petition, with the knowledge that they will not at this point reinstate the tax credit, so we're requesting for them to create a new incentive program," said Mead.

"Our goal is actually 5,000 signatures and this is the first weekend we had a petition blitz, so we're going to be following up next weekend as well with a couple more blitzes."

Filmmakers originally had until March 31 to file applications under the existing SFETC, but Bill Hutchinson, minister of tourism, parks, culture and sport, announced late March the deadline would be extended until June 30, 2012.

By the numbers

5,000

Amount of signatures organizers are hoping to have on their list.

France votes

Conservative President Nicolas Sarkozy will compete against socialist Francois Hollande for France's top position in the runoff vote on May 6. PAGE 4

Right and righter

Alberta's PCs have been on unfamiliar ground this election campaign, running behind another party on the right. PAGE 5

Lying Lohan?

When a woman accused troubled actress Lindsay Lohan of assaulting her in a nightclub, Lohan said she wasn't there, but surveillance video suggests otherwise. PAGE 9

When mommy drinks

Blogging duo behind reasonsmommydrinks.com say writing for humorous site is "cathartic." PAGE 10

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1 NEWS

Look out for it

Hidden heroes

This masked man is one of Canada's real-life superheroes. Get to know him and the superhero movement in tomorrow's Metro.

On the web

Meow, a super-sized orange and white tabby, can't help but waddle. Tipping the scale at nearly 40 pounds, the two-year-old cat has been given to a New Mexico shelter by his 87-year-old owner, who could no longer provide adequate care. Now, the shelter has vowed to whip the feline into shape. Scan the code for the story.

Cab rides cost more May 1

Taxi rides. City approves fare increase

M E POWELL
regina@metronews.ca

Starting May 1, Regina residents will pay about a dollar more for a short taxi ride.

City council recently approved a fare increase that will see the taxi meters at $3.80 rather than $3.50 for the first 120 metres, increasing by about 10 per cent. For every 10 metres after that, the rate will increase by $0.10.

That means a five-kilometre taxi ride will cost about $12.00, or a dollar more, according to city estimates, and a ten-kilometre ride will increase by about $2.00. Other charges will also increase.

It's the first increase since April 2009, and it's intended to cover increases in insurance, gas, repairs, vehicle costs, and wages. The city calculated the rate based on a 9.49 per cent increase based on the Statistics Canada Consumer Price Index.

Regina's three largest cab companies joined together to develop a presentation to city council, requesting an increase to $3.90 for the initial meter drop rate, along with other increases. They cited increased costs for parts and labor, and especially a labor shortage for positions such as call takers, office personnel, and drivers.

Most cabs operate 24 hours a day, seven days a week, with a vehicle life span of about five years. Maintaining the vehicle is a significant cost, but the biggest factor is wages.

"We are still experiencing a very competitive labour market and we need to retain personnel in all areas for industry," they wrote.

Taxi drivers often come to Regina from larger centres such as Toronto and Vancouver. The increase is a welcome one for the industry, says Sandi Archibald of Regina Cabs/Premiere Taxi, because it will help cab companies retain these highly motivated workers.

"It'll keep more drivers in our industry, versus being a stepping stone to different jobs," she adds.

Cab upgrades

- In March, the city approved a bylaw requiring cabs to be equipped with security cameras and global positioning systems at various dates within the next three years. The city also wants an increase to the 120 cabs currently running in the city, and held a lottery on April 16 to give out six new cab licences.
- The new cabs are expected to be on the street by May. With seasonal licence increases of 37 per cent allowed from October to April, Regina will have some 172 cabs plus five wheelchair accessible cabs on the street by fall.

Record-breaking heat — it's going to be hot-hot-hot

If weather forecasters are correct, Monday will be a record-breaking warm day for the month of April in Regina. Temperatures are expected to hit 28 C degrees, a full five degrees warmer than the last April record was set in 1998, when temperatures hit 23 C. The record for the coldest temperature on that date happened exactly 10 years later in 2008, when it dropped to -13.

CARRIE-MAY SIGGINS/METRO

Court. Saskatchewan mom accused in death of 3-year-old son denied bail

A woman charged in the death of her three-year-old son last year has been denied bail.

Anna Marie Wilkes, 30, is charged with manslaughter and criminal negligence causing the death of little Nylan Clark.

She is also charged with causing an indignity to a body and obstruction of justice.

The Crown alleges Wilkes left her son without medical attention for days with injuries that may have caused his death, then hid the body in a van and tried to destroy evidence by setting the vehicle on fire.

Harley Stueck previously pleaded guilty to criminal negligence causing death in the case. Court was told one of the reasons Wilkes was denied bail was to maintain public confidence in the administration of justice.

There is no date set for the trial at this point.

THE CANADIAN PRESS

For more local news visit metronews.ca/ottawa

Crime reduction

Pilot project getting attention

A pilot project aimed at reducing crime in one Saskatchewan city is attracting interest from across the country. The Prince Albert community mobilization partnership began just over a year ago.

It includes police, health and social services agencies that work together to tackle crime and address larger social issues.

The approach appears to be working — crime in the city has decreased 12 per cent, social services intakes are down and there have been fewer ER visits.

THE CANADIAN PRESS

Social services. New housing for people with disabilities announced

A number of different government ministries, including Social Services and Human Resources and Skills Development, have announced support for a local housing initiative for people with disabilities.

The project is a three-storey, multi-use building at 2035 Osler Street in Regina's General Hospital neighbourhood. Commercial space is available at street level, with 40 affordable rental units on the two upper floors. The units are designed and designated for people with serious mental health conditions and cognitive disabilities who require support to live independently.

The federal and provincial governments are contributing equally to this overall investment of $132 million under the amended Canada-Saskatchewan Affordable Housing Program Agreement.

A small amount of that, $3.84 million, has been made available for the initiative through Canada's Economic Action Plan, the federal government's plan to stimulate the economy and create jobs during the global recession.

METRO

Local spring housing market heating up, realtors say

Sellers market. Average entry-level house in the city at $293K — up six per cent from 2011

M E POWELL
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Regina's housing market is "hot" this spring, local realtors say. In other words, there are more buyers looking for single-family homes than there are houses available to buy.

Most realtors talk about "multiple offers" rather than "bidding wars," but many report instances in the past few weeks where houses have sold above the listing price.

High demand tends to drive prices up, and realtors agree Regina's in a seller's market this spring.

The average entry-level house in the city has been selling for around $293,000 so far this year, according to the Association of Regina Realtors — up a little from the average $287,000 in the area, and up about six per cent from the $274,000 city average in 2011.

As well, about 19 per cent more houses have been sold than at this time last year.

"Multiple offers and hot markets are complex," warns realtor Irv Tremblay. "Price is only a part of it."

For example, offers may have conditions attached that would make one more attractive than the other.

As well, adds realtor Dale Ripplinger, writing a counter-offer can help improve the seller's position.

Counter offers have to be handled carefully, Ripplinger cautions, to avoid making a legal error or losing the buyer.

Handling a multiple-offer situation is an "art" that requires a knowledgeable, experienced real estate agent, agrees Tremblay.

"People think the opposite," he says. "They think any monkey can sell a house in a hot market, and that's true, a good chimpanzee might be able to sell a house, but at what price? In a hot market the top agents know how to milk the most amount of money and the best offers out of the buyers' agents."

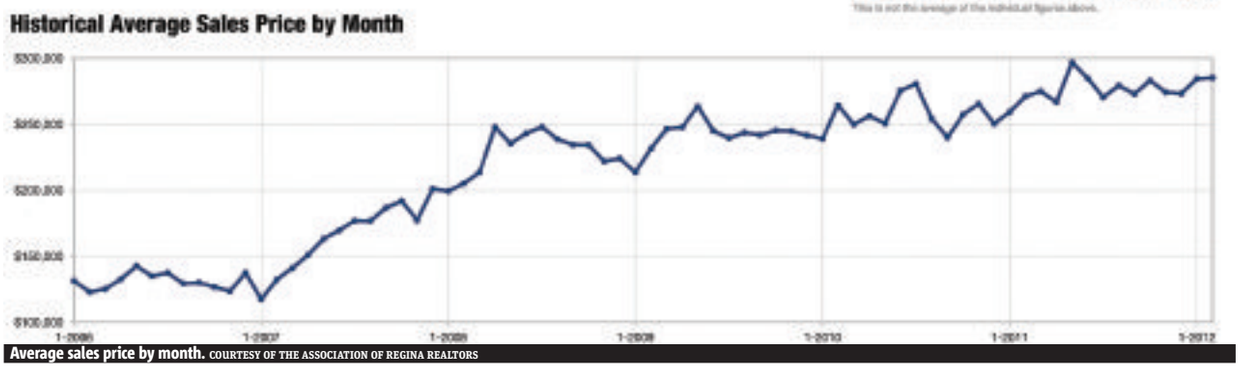
While this spring is hot, it's not at the level of the 2007 "boom" market, when house prices in Regina increased dramatically.

"It was the first time that we saw a big increase in the market in Regina, and there really was more of a frenzy in buyers than there is this year," says Tremblay.

Prices for single-family homes have gradually increased since then, but prices still have to be competitive, cautions Ripplinger.

"We're not in a situation where people are desperate enough to find houses that they'll pay anything," he adds. "Buyers are still looking for a reasonable price."

A home for sale on Lakewood Drive North in Regina. Local realtors say there are not enough single-family homes available on the market. HOMESANDLAND.COM



Average sales price by month. COURTESY OF THE ASSOCIATION OF REGINA REALTORS

Just walk away

According to a recent Canadian Press poll, about 75 per cent of respondents said they'd walk away from a bidding war, although those in Saskatchewan, Manitoba and Ontario were most likely to pay above the asking price.

For more local news visit metronews.ca/regina

Panel named to redraw Saskatchewan election map

A three-member panel has been named to redraw constituency boundaries for provincial elections in Saskatchewan.

Justice Neil Gabrielson will head the commission that will also include former New Democrat MLA Harry Van Mulligen and Stuart Pollon, a chartered accountant in Regina. Justice Minister Don Morgan says the commission will ensure that the new boundaries result in roughly an equal number of voters in each constituency.

The NDP Opposition has complained that the process isn't fair because people under 18 won't be counted. It has said that's not smart because those between the ages of 10 and 18 will be voting over the next decade. The panel is to produce a final report within six months.

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Supporters of socialist Francois Hollande react after the results of the first round. LAURENT CIPRIANI/THE ASSOCIATED PRESS

Socialist opponent leading Sarkozy in presidential race

French elections. Early results show socialist Francois Hollande and conservative President Nicolas Sarkozy will advance to runoff

Socialist Francois Hollande and conservative President Nicolas Sarkozy are heading for a runoff election in their race for France's presidency.

This according to partial official results in a vote that could alter the European political and economic landscape.

French voters defied expectations and handed a surprisingly strong third-place showing to far-right candidate Marine Le Pen, who has run on an anti-immigrant platform aimed largely at Muslims.

That could boost her influence on the French political scene, hand her party seats in parliament and affect relations with minorities.

With 75 per cent of the vote counted, Hollande had 27.9 per cent of ballots cast and Sarkozy 26.7 per cent, according to figures released by the Interior Ministry after final polls closed.

Le Pen was in third with 19.2 per cent of the vote so far.

In fourth place was leftist firebrand Jean-Luc Melenchon with 10.8 per cent, followed by centrist Francois Bayrou with 9.2 per cent.

Turnout was surprisingly high, projected by polling agencies at about 80 per cent. The top two candidates head to a runoff May 6.

THE ASSOCIATED PRESS

European impact

"This is an election that will weigh on the future of Europe. That's why many people are watching us."

Socialist candidate Francois Hollande

Democratic primary

At this time in 2008, Obama was still in an epic primary battle against his Secretary of State Hillary Clinton.

- This year, Obama's march to the nomination has generated little interest because he has no major primary challenger, no one who made the ballot in more than a handful of states.
- Democratic voters, however, are not unanimously behind the American president. In Oklahoma, anti-abortion protester Randall Terry got 18 per cent of the vote. But some say he's not a real Democrat.

No surprise. President Obama easily sails to Democratic nomination

It's official: U.S. President Barack Obama will clinch the Democratic nomination for president on Tuesday, ending a low-key primary race that many people probably didn't realize was happening.

Obama is certain to reach the 2,778 delegates he needs to secure his party's nod for a second time when five states vote on Tuesday.

He has won almost every delegate so far, with a few exceptions in some Southern states that won't vote Democratic in the fall regardless.

THE ASSOCIATED PRESS

Barack Obama will clinch party's nomination. THE ASSOCIATED PRESS

Alberta PC leader to make election history

Alberta PC Leader Alison Redford gets back in her vehicle after making a campaign stop in Calgary on Saturday. JEFF MCINTOSH/THE CANADIAN PRESS

Vote. Today, Albertans will determine the fate of their government and the 41-year PC legacy

One way or another, Alison Redford makes history on Monday night.

Win the Alberta election and she is the first elected female premier in the province, heading up a party that has run things for four decades and will soon shatter the record for longest-serving government in Canadian history.

Lose and she's Harry Strom, the forgotten scapegoated premier of the Alberta Social Credit government when it fell to the Tories in 1971.

Redford, speaking at a weekend party rally, said she is pushing ahead and doesn't feel the weight of history.

"I'm pretty excited about Monday," she said. "This is a campaign about Alberta's future.

Redford's Progressive Conservatives have been in unfamiliar territory since the election campaign began a month ago, running behind another party on the right side of the political spectrum.

The Wildrose party, under leader Danielle Smith, has fashioned an electable alternative by capitalizing on discontent over deficit budgets, long health-care wait times, onerous land-use rules and perceived political greed on salary and perks. Some polls have had them ahead by more than 15 points, though that lead appears to have slipped somewhat recently.

If the Wildrose wins, it will defeat a colossus whose history can only be told in large numbers and superlatives.

Before the Tories, the 36-year-old Social Credit Party ended the 14-year run of the United Farmers of Alberta, who in turn ended the 16-year run of the Alberta Liberals.

The PC victories have varied between large and sweeping majorities. On average they've taken eight out of every 10 seats in their 11 wins.

THE CANADIAN PRESS

Breaking record

The PCs have held power in Alberta for 14,847 days — 40 years and almost eight months.

- **Should they win a 12th** consecutive majority government, they will be on track to make history.
- **When the next election** rolls around, they will have been in power close to 45 years, ahead of the 1882-1925 Nova Scotia Liberals (43 years) and the 1943-1985 Ontario PCs (42 years).

Unrest

Police shut down Montreal protest

Police moved swiftly to shut down a protest in Montreal on Saturday, a day after a series of violent clashes between demonstrators and officers in riot gear created havoc in the downtown core.

Eighty-nine people, some wearing masks and goggles, were arrested after Saturday's protest was declared illegal, said Montreal police spokesman Daniel Lacoursiere.

Demonstrators had gathered in the rain near Old Montreal to denounce a conference on Premier Jean Charest's plan to develop northern Quebec.

THE CANADIAN PRESS

Sled-dog cull

Charge laid in B.C. animal-cruelty case

A criminal charge has been laid in an animal- cruelty case that focused international attention on the practices of the sled-dog industry after the 2010 Winter Olympics.

A sled dog rests at a kennel operated by Whistler Outdoor Adventures. THE CANADIAN PRESS

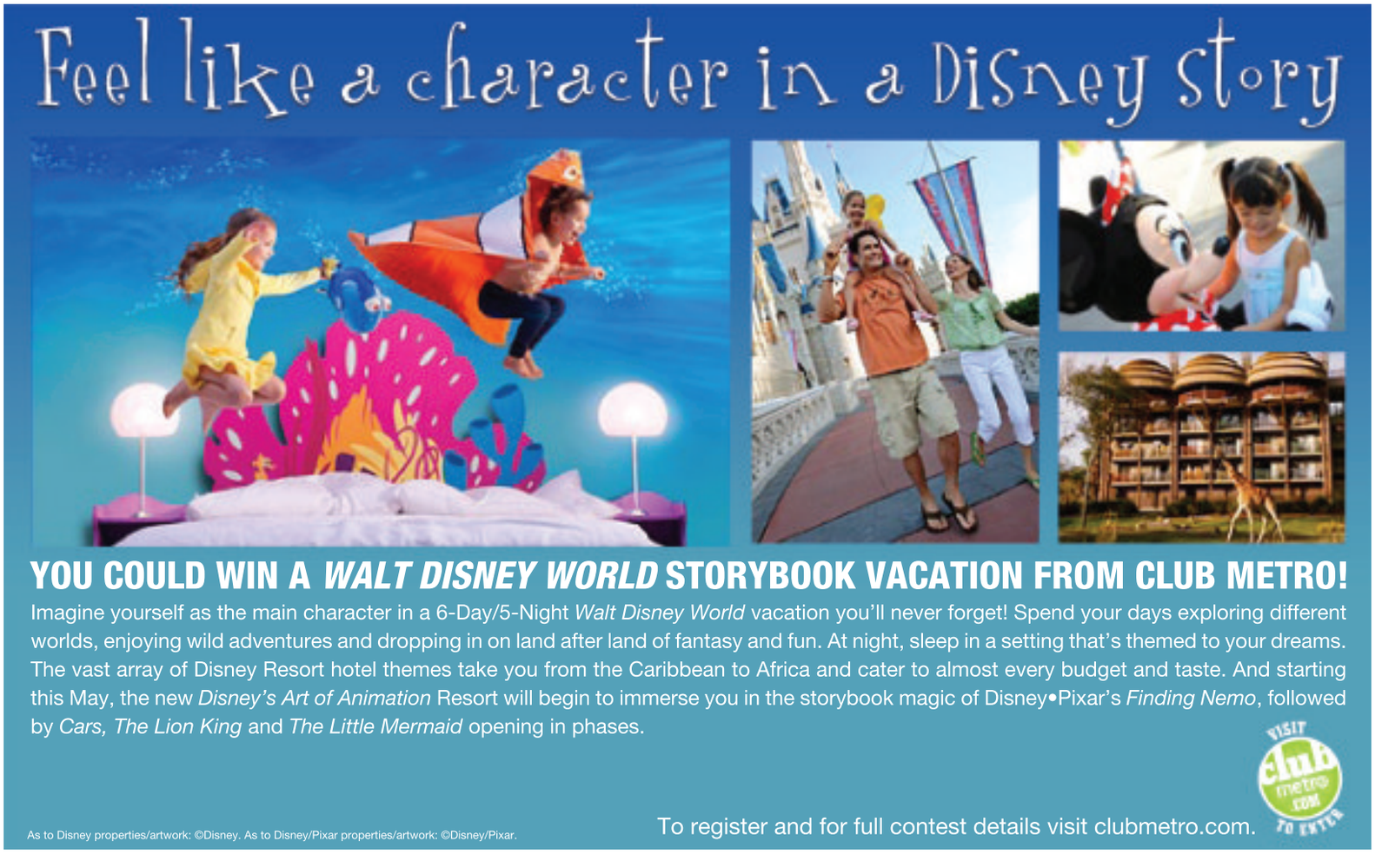
Robert Fawcett, a former general manager with Howling Dog Tours, based in Whistler, B.C., faces one count of causing unnecessary pain and suffering to dozens of sled dogs in April 2010.

Fifty-six dogs were dug up in a mass grave near Whistler after information leaked out in January 2011 through a workers-compensation claim of post-traumatic stress disorder (PTSD).

A Bob Fawcett also posted details on a PTSD website, describing how panicked animals were shot or had their throats slit before being dumped into the grave.

The charges come after a gruesome search and investigation by the RCMP and the Society for Prevention of Cruelty of Animals.

THE CANADIAN PRESS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Murdoch to testify about political influence in U.K.

Phone-hacking scandal. Media mogul's testimony could discomfit ruling class

Rupert Murdoch's appearance before Lord Justice Brian Leveson's inquiry this week is expected to focus on the network of personal and professional ties that have bound his newspaper and television operations to some of the most senior politicians in the United Kingdom.

Those ties have frequently come under criticism, with many observers saying British politicians were scared of crossing Murdoch because of his company's domination of the British media landscape.

Under fire

"I don't think he thinks that he has very much to lose"

Steve Fielding, Center for British Politics at the University Nottingham

But those intimate ties have frayed and snapped since revelations last year that journalists at Murdoch's News of the World tabloid routinely intercepted voice-mail messages of those in the public eye. The scandal quickly spread beyond the News of the World to cover an array of other questionable activities by British journalists, as well as police and public officials.

Coulson — a former Murdoch lieutenant drafted as Prime Minister David Cameron's chief media aid — and Murdoch protege Rebekah Brooks both resigned before being arrested as two of the scandal's leading suspects, and Murdoch and his media executive son James have swapped discreet visits to No. 10 Downing Street with confrontational appearances before skeptical lawmakers in Parliament.

Once eager to secure Rupert Murdoch's blessing, Cameron has since ordered the official inquiry, which is calling Murdoch and his son in for at least two full days of testimony starting Tuesday. THE ASSOCIATED PRESS

News Corp. CEO Rupert Murdoch. NOAH BERGER/THE ASSOCIATED PRESS FILE

Report. Wal-Mart silent on Mexico bribe scandal

Wal-Mart Stores Inc. hushed up a vast bribery campaign that top executives of its Mexican subsidiary carried out to build stores across that country, according to a published report.

The New York Times reported Saturday that Wal-Mart failed to notify law-enforcement officials even after its own investigators found evidence of millions of dollars in bribes. The newspaper said the company shut down its internal probe despite a report by its lead investigator that Mexican and U.S. laws likely were violated.

The bribery campaign was reported to have first come to the attention of senior executives at Wal-Mart in 2005, when a former executive of its largest foreign subsidiary, Wal-Mart de Mexico, provided extensive details of a bribery campaign it had orchestrated to win market dominance.

The Mexican executive, previously the lawyer in charge of obtaining construction permits, said in emails and follow-up conversations that Wal-Mart de Mexico paid bribes to obtain permits throughout the country in its rush to build stores nationwide, the Times reported.

The newspaper said that only after learning of its investigation did Wal-Mart inform the U.S. Justice Department in December 2011 that it had begun an internal investigation into possible violations of the Foreign Corrupt Practices Act. THE ASSOCIATED PRESS

Growth

5

Wal-Mart's growth in Mexico has been so rapid that one of every five Wal-Mart stores now is in that country. It is Mexico's largest private employer, with 209,000 employees there.

Street View features Israel

After months of consultations with Israeli security officials, Google has launched its popular Street View service in the country's three largest cities.

The new Street View provides images of ordinary life, contested areas and religious sites in the Holy Land. Due to security issues, areas around several sensitive sites, such as the military headquarters in Tel Aviv and the prime minister's residence in Jerusalem, are blurred out.

Google Street View is available in more than 30 countries.

Google

Israel is the first Middle Eastern nation to display its cities and streets online.

- **Pictures online Sunday showed typical street scenes — and the crowded cobblestone Via Dolorosa, the path that Jesus is said to have walked before his crucifixion in Jerusalem's Old City.**

It was held up in Israel by concerns that images of its streets could be used by terrorists. The Islamic Jihad militant group in Gaza, for instance, has boasted that it used Google Earth, which gives bird's-eye views and some street-level pictures of sites around the world, to aim rockets at Israel.

Last August, after a panel of government ministers met for six months to draft security guidelines, Israel announced it had reached an agreement with Google.

THE ASSOCIATED PRESS

A Google Street View camera mounted on a tricycle. VINCE TALOTTA/TORONTO STAR

'Economic war'

Swiss in throes of tax disputes: UBS

Switzerland's tax disputes with the United States and some European nations are "an economic war" putting 20,000 jobs at risk, the CEO of Swiss banking giant UBS AG has been quoted as saying.

Switzerland has recently tried to shed its image as a tax haven, signing deals with the United States, Germany and Britain to provide greater assistance to foreign tax authorities seeking information on their citizens' accounts in the Alpine nation. But the tax agreements have drawn fire from Switzerland's nationalist People's Party, with some lawmakers saying they will try to block the treaties through referendums.

THE ASSOCIATED PRESS

Trump Tower

Plans unveiled for luxury complex

U.S. real estate mogul Donald Trump joined Georgian President Mikhail Saakashvili on Sunday in unveiling plans to build a luxury apartment complex along the Black Sea coast.

The 47-story Trump Tower in the city of Batumi will be built by the Silk Road Group under a licensing agreement signed during Saakashvili's visit to New York last year.

The Georgian conglomerate expects to have the necessary funding by the end of this year, with construction slated to start in early 2013, Saakashvili said during Sunday's presentation in Batumi.

THE ASSOCIATED PRESS

Icelandic court to give verdict on bank crash handling

The man who led Iceland's government when the nation's banks collapsed will learn Monday whether he has been convicted of criminal responsibility for the crisis.

Geir Haarde, the only government leader to face trial because of the global financial crisis, has pleaded innocent to four charges alleging that his negligence in carrying out his duties contributed to the disaster. He could be sentenced to up to two years in prison if convicted.

The verdicts are to be announced by 15 members of the Landsdomur, a special court founded in 1905 to deal with criminal charges against Icelandic government ministers. This is the first case to be tried by the court.

Iceland's banking sector ballooned to nine times the tiny nation's annual gross domestic product in a decade of boom, before collapsing under the weight of its debts in October 2008.

The country's three main banks collapsed in a single week.

Testifying on March 5, Haarde said neither he nor financial regulators knew the real state of Icelandic banks' precarious finances until they collapsed.

"The bankers did not realize that the situation was as dire as it was," Haarde said. "It was not until after the crash that everyone saw it coming."

The special court includes five supreme court justices, a district court president, a constitutional law professor and eight people chosen by parliament.

"I reject all accusations and believe there is no basis for them," Haarde testified.

Part of their case hinges on a charge that Haarde failed to implement recommendations that a government committee had drawn up in 2006 to strengthen Iceland's economy.

THE ASSOCIATED PRESS

Geir Haarde of Iceland. ARNI TORFASON/THE ASSOCIATED PRESS

Bubble economy

Geir Haarde, the former leader of Iceland's Independence Party, became a hated symbol of the bubble economy for Icelanders who lost their jobs and homes in the crash.

- **Haarde told the court the banks' size would not have been a problem if not for their recklessness and a worldwide squeeze on credit.**

LOOKING FOR LOGIC IN IMMIGRATION PRACTICES

URBAN COMPASS
Paul Sullivan
regina@metronews.ca

Saskatchewan needs people.

Even though the population is at an all-time high — 1,067,612 and growing faster than at any time since 1953 — we still don't have enough people.

Employment is also at an all-time high and the unemployment rate at 4.8 per cent is the lowest in the country. The "little economy that could" is churning out jobs at a fantastic rate — so many that thousands of jobs are still unfilled: 11,000, if you believe Employment and Immigration Minister Rob Norris.

Demographic dilemma

If we're not growing our own, and gophers don't cut the mustard (literally), we need to import people.

There are a few solutions. One is to give the ever-abundant supply of gophers little hard-hats and shovels and tell them to get at it. But as gophers are notoriously disobedient — they aren't officially designated as pests for nothing — there has to be a more reliable situation.

Minister Norris thinks the answer is more immigrants: 6,000, to be precise. But the federal government has capped the number at 4,000 and his federal counterpart, Jason Kenney, doesn't sound as if he's ready to budge any day soon.

Kenny brings up all kinds of reasons for keeping immigration levels down. He says only 10 to 15 per cent of Canadians support increasing immigration, and that immigrants often face a dubious future where it's difficult to land a job, especially one that matches the immigrant's skills or credentials.

That may be true somewhere else, but not in Saskatchewan, where last year's net international immigration of 10,660 still wasn't enough.

It's the classic Western dilemma — and by that we mean Western world, not just Western Canada. Natural increases in the population are declining along with the birth rate, and workers have to come from somewhere. If we're not growing our own, and gophers don't cut the mustard (literally), we need to import people.

For me, it's déjà vu that Norris and Premier Brad Wall went on a recruiting mission to persuade the Irish to fill those jobs, hearkening back to a time when my own forebears turned up in Saskatoon with pockets full of lint and heads full of dreams.

It is doubly ironic that the Harper Tories, who for years campaigned on more power for the provinces and less interference from Ottawa, are now standing in the way of growth and progress, especially in Western Canada, their natural power base.

Is that the thanks Saskatchewan gets for electing 13 Conservative MPs out of a possible 14? Perhaps the honourable member from Yorkton-Melville should spend less time counselling schoolgirls to pack a sidearm and more time figuring out how to foster the province's economic well-being.

But I digress.

Weird news

Home of 'world's rudest waiter' may still be serving

A San Francisco Chinese restaurant once known for having "the world's rudest waiter" may not be closing for good after all.

The owners of Sam Wo restaurant are scheduled to plead their case to the city's public health department at a hearing Tuesday.

Owner David Ho's daughter, Julie, told the San Francisco Chronicle that the restaurant will be closed over the weekend, but nothing is definite beyond that.

Health officials had demanded changes after finding violations including rodent activity, but the owners had said the 100-year-old eatery in Chinatown was just too old.

They had planned to serve their last meals early Saturday.

The restaurant was famous for the late Edsel Ford Fung, dubbed "the world's rudest waiter." Fung was known for insulting customers and slamming dishes on tables.

THE ASSOCIATED PRESS

Warm-up to the podium

BEN HOSKINS/GETTY IMAGES

On your mark

Kenya rocks London marathon

A general view as runners go past the Cutty Sark during the Virgin London Marathon Sunday in London, England.

Kenyan marathon runners showed their superiority ahead of the Olympics, with Wilson Kipsang and Mary Keitany coasting to victory in London on Sunday, virtually assuring that they will be selected for the games.

The winners were presented with their medals by Prince Harry, who indicated that security logistics are thwarting his attempts to enter the marathon.

THE ASSOCIATED PRESS

Get set

2:04:44

Wilson Kipsang, the second-fastest marathon runner ever, won the 42.2-kilometre race for the first time, more than two minutes ahead of fellow Kenyan Martin Lel. Kipsang had stormed ahead of the pack with around 10 kilometres to go in the British capital before winning in two hours, four minutes, 44 seconds.

Go!

- **World record-holder Patrick Makau dropped out less than halfway through.**
- **Mary Keitany pulled away from world champion Edna Kiplagat with around five kilometres to go before winning by one minute, 13 seconds. Priscah Jeptoo was third.**
- **In a sprint finish in front of Buckingham Palace on the Mall, Martin Lel edged Tsegaye Kebede of Ethiopia for second place.**

Finish line

GETTY IMAGES

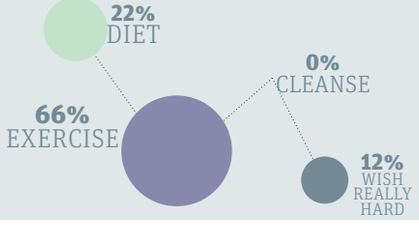
"What's fantastic is that my brother and his wife will be doing it next year, I think."

Prince Harry quipped that his brother, Prince William and wife Kate, the Duchess of Cambridge want to compete next year.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What's the best way to lose weight?



Twitter

@MSingharath: Gosh its so nice out #yqr, hard to be out when your laazy! #lazysunday

@ECraigLothian: @CityofRegina when will decision be made on Rainbow Bridge on Fleet Street?? This is an important alternative access route into SE #YQR

@CanadaLoves1DEh: I wrote a long Niall #imagine last night, http://twiffo.com/Yqr let me know what you think of it? :)

@JephMaystruck: Fastest growing medium in Regina. RT @mcfarljo: Can't help but notice that there is a fair amount of print media news/magazines in #yqr now.

@joshDuchin: Now THIS is a real summer day. I dig it. #yqr #sundayfunday

metro

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2
SCENE

Box office

Hunger Games knocked from No. 1

The date-night movies Think Like a Man and The Lucky One have finally knocked The Hunger Games off its No. 1 box-office perch. According to studio estimates Sunday, Think Like a Man, based on Steve Harvey's dating-advice bestseller, debuted as the top weekend draw with $33 million. The Sony Screen Gems ensemble movie features Michael Ealy, Taraji P. Henson and Gabrielle Union. The Warner Bros. drama The Lucky One, starring Zac Efron in an adaptation of Nicholas Sparks' romance novel, opened at No. 2 with $22.8 million. Lionsgate's blockbuster The Hunger Games took in $14.5 million, slipping to third-place after four weekends at No. 1. The film raised its domestic total to $356.9 million. Disney's nature documentary Chimpanzee opened at No. 4 with $10.2 million.

THE ASSOCIATED PRESS

On the web

Chaz Bono, Josh Hutcherson honoured at GLAAD Media Awards in Los Angeles

Luke Evans plays a straight-laced detective opposite John Cusack in The Raven. HANDOUT

A rookie actor, nevermore

Learning process. Despite his roles in big films, Evans says he learned plenty from working with John Cusack on The Raven

NED EHRBAR
scene@metronews.ca

Luke Evans hasn't been home in a while. The last two years have seen a marked increase in film work for the Welsh actor, taking him around the world to make films like The Three Musketeers, Immortals and this month's The Raven, in which he plays a straight-laced detective opposite John Cusack's Edgar Allen Poe. Evans checked in by phone from New Zealand, where he's been living for nearly a year while making The Hobbit — and where he says he'll be until at least July. After that? Who knows?

How much of an Edgar Allen Poe fan were you before going into this project?
I was very aware of who he was and how much of an impact he made on American literature, but I hadn't read a huge amount of his work. I knew about The Raven. The Pit and the Pendulum was the one I knew as well.

What did you think of the project when you were initially approached?
I thought it was great. I thought it was a very clever way of using Poe's work and brilliant stories and making it into a fictional detective movie and showing his stories in a very clever sort of fictional backdrop. I'd always wanted to work with John Cusack, too, so the fact that he's playing Poe was a really exciting idea for me.

What are some your favourites of Cusack's films?
Well, I love The Grifters, I love High Fidelity. They're two I really, really enjoyed. But almost all of John's work that I've watched, I've enjoyed. He's a great man to watch when he's doing his thing. He's been doing it for such a long time, you know? You can learn an awful lot, as an actor like myself, watching John do his thing.

Well, you've got a fair amount under your own belt now as well.
Yeah! Yeah, I have. It's just been very, very fast (laughs). And movies, film work — I'm still learning as I'm going along, and I'm sure I will learn for a very long time. But it is quite great when you get to work with people who've done movies for a long time because you just how watch how they play with the camera and like that, all the subtleties. I just keep watching, keep learning. But yeah, I've been acting for 12 or 13 years now. A lot of it's been in the theatre, but I try to channel what I learned there and use it in film. It's all acting at the end of the day, isn't it?

How was the experience on location for the Raven?
We started in Budapest in Hungary, and then we moved across the border to Serbia to Belgrade and also to a northern town called Novi Sad, which has a castle on the mound, and underneath the castle there's a huge bunch of tunnel networks, which is what we used in the film when... I won't give it away, but there are tunnels in the film that get used to chase... someone (laughs).

Did you feel isolated out there?
It's another difference, yeah. But Budapest is a great city, a really great city. We did a lot of night shoots in Hungary, and in the wintertime it can be cold and very windy, with a bit of snow. And it got worse because we jumped into former Yugoslavia. Serbia can get very cold. But the people are great. It's a great way to see the world. This is such a joy to me, to get a job and then go to places I would probably never have visited, and now I have. They're great, I'd go back there tomorrow.

Speaking of great locations, you're in New Zealand now. How is filming on The Hobbit going?
Filming is going very well, yeah. We're solid, solid working now. There's a lot to be done.

How have you found life in New Zealand?
I know, it's great, right? I've been here almost 10 months now, and it's such a beautiful place. Again, the people are what make New Zealand so great. They're a fantastic race of people, and they make a great team on set.

The Sweet Revenge of Simon Cowell

Tell-all book. British biographer shares some intimate details of Cowell's life in new unauthorized bio

He gets colonic irrigations, Botox injections and vitamin drips, and insists on black toilet paper in his home.

A revealing new biography offers intimate — maybe too intimate — details about Simon Cowell, along with a portrait of the entertainment mogul's savvy business side.

Sweet Revenge: The Intimate Life of Simon Cowell is written by British journalist and biographer Tom Bower, whose previous subjects include former British prime minister Gordon Brown, jailed media mogul Conrad Black and ex-Harrods owner Mohammad al-Fayed.

His latest portrait of power centres on the tanned and brush-cut Cowell, 52, who has gained fame in both Britain and North America as producer and an acerbic judge on TV talent shows including The X Factor and America's Got Talent.

Bower says he became fascinated by the story of a middle-aged music producer who struck gold by turning the old-fashioned talent contest into a slick 21st-century phenomenon — and in the process earned a fortune estimated at $320 million US. The book paints a picture of a man who struggled for years in the music business, spurred to success out of a desire to prove his detractors wrong.

Quoted

"He had 20 years — more than 20 years — of humiliation"

Biographer Tom Bower on Simon Cowell's road to success.

"He had 20 years — more than 20 years — of humiliation," Bower said. "At school he was a total failure and as a music producer he was a total failure.

"But what he did have was charm and an ability to understand the music business because of all this failure."

Sweet Revenge, published in the U.S. by Ballantine Books on Tuesday, is billed as the first book about Cowell written with the mogul's participation — though not his authorization. Bower spent many hours with Cowell aboard his private jet, at his Los Angeles home and on his yacht in the south of France and the Caribbean.

THE ASSOCIATED PRESS

Simon Cowell GETTY IMAGES

The Word

Kim and Kanye take on Manhattan, other Kardashians

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

THE WORD
Dorothy Robinson
scene@metronews.ca

Oh, hey! Look who it is: Kim Kardashian and Kanye West, just out for a stroll in one of the most crowded cities in the world, in broad daylight, on a Saturday afternoon, in front of a barrage of photographers.

They are doing a great job of keeping this totally legit burgeoning relationship on the down-low, am I right?

According to US Weekly, the two spotlight-lovers browsed the racks at the Chelsea shop Balenciaga and then stopped for an ice cream cone at the Van Leeuwen ice cream truck.

It's getting so "serious" (a.k.a. completely generated for publicity) that West had dinner with Kim, her mother Kris Jenner, sister Khloe and brother-in-law Lamar Odom at the Spice Market restaurant in the city's Meatpacking District, according to RadarOnline.

Expect to see this entire weekend on the E! network soon as Kim's Fairytale Dinner: A Kardashian Event.

Lindsay Lohan. ALL PHOTOS GETTY IMAGES

Was Lohan lying about whereabouts?

When a woman recently accused Lindsay Lohan of assaulting her at a nightclub, Lohan's response was simple: She couldn't have, since she was at home watching TV at the time.

But new developments suggest she might not be telling the truth there, according to RadarOnline.

"Investigators obtained the surveillance video from the Smoke & Mirrors nightclub at The Standard Hotel and it clearly shows that Lindsay was there on the night of the alleged assault," a source says.

"The investigation is still ongoing and follow-up investigators want to interview Lindsay about the incident, but she hasn't been interviewed yet, nor is she under any obligation to do so."

Wedding bells in Italy for Biel and Timberlake?

Justin Timberlake and Jessica Biel just finished a whirlwind five-day trip to Italy, prompting speculation about the location of their upcoming wedding, according to Us Weekly. After hitting up Rome, Naples and Capri, the happy couple reportedly paid a visit to the southern town of Bernalda — and more specifically the wedding venue Palazzo Margherita, where Sofia Coppola tied the knot last year.

Jessica Biel and Justin Timberlake

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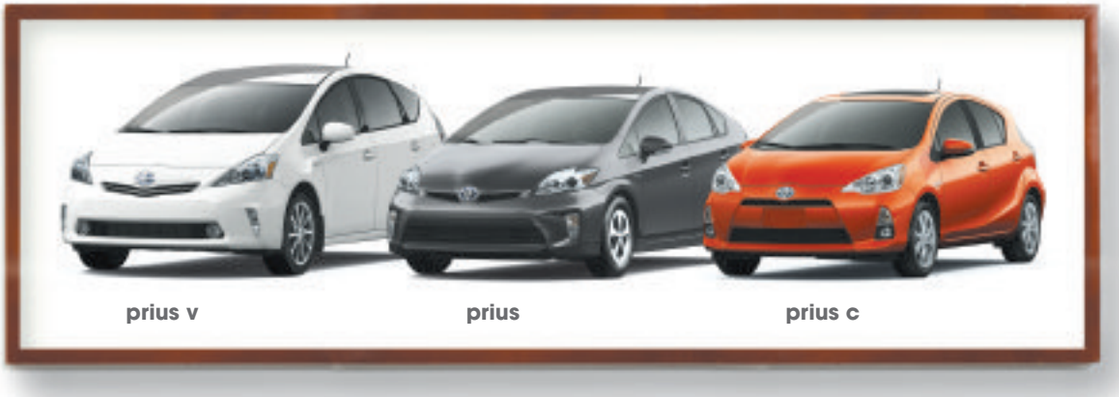

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*no purchase necessary. contest closes May 13, 2012. to register and for full contest details visit www.metronews.ca/pickyourpriuscontest.

3 LIFE

Breakfast

Sunny outlook for outlets catering to millennial market

More Canadians eat breakfast on the run and it's the 20-something group that's driving the trend, says a market researcher group.

But the so-called millennials — people who now fall into the 19-35 age range — are also looking for healthier options they can easily eat during their morning commute.

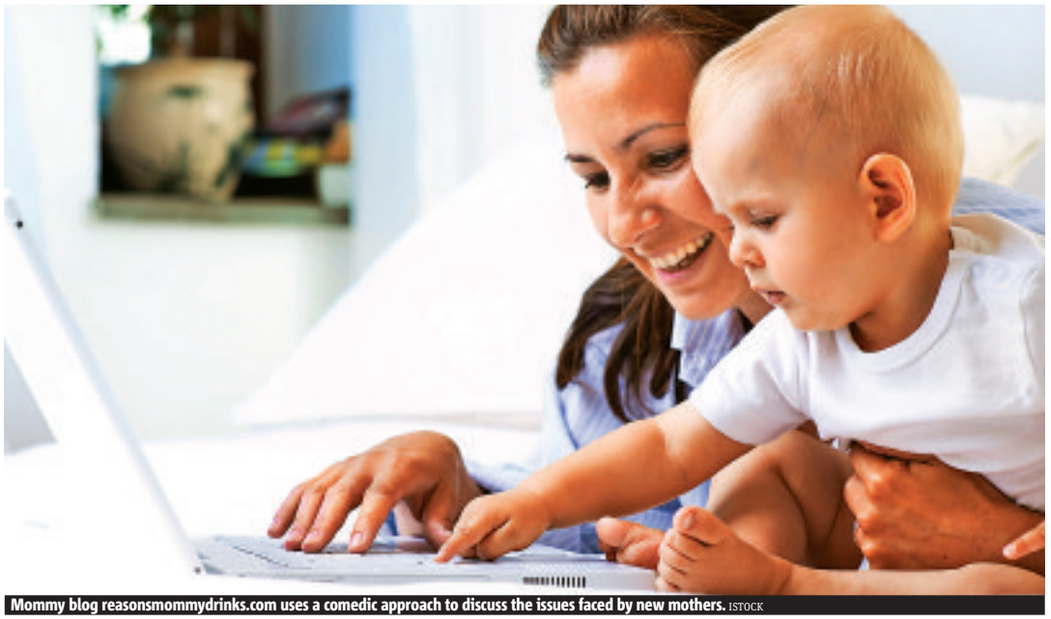
A study by the NPD Group shows growth among quick-service restaurants for the morning meal, because more Canadians don't stop in their own kitchens before they head out the door. NPD predicts that segment of the market will grow 10 per cent by 2016.

The study, A Look into the Future of Foodservice, finds that nine per cent of the population prefers to pick up its morning meal at outlets such as Tim Hortons or McDonald's, and this has led to a 14 per cent increase in breakfast sales in the past year.

THE CANADIAN PRESS

On the web

Doggy Wars? Campaigns spar about canines, but dog owners not biting much



Mommy blog reasonsmommydrinks.com uses a comedic approach to discuss the issues faced by new mothers. ISTOCK

What drives mommy to reach for a drink?

Blog. After having babies four months apart, two life-long friends teamed up to offer an unfiltered look at being new moms

DELIA MACPHERSON
For Metro News

Two bloggers with new babies have put a comedic spin on some real issues women are facing when it comes to motherhood.

Lyranda Martin Evans and Fiona Stevenson, friends for 20 years, are the co-authors of reasonsmommydrinks.com, an honest and unfiltered blog about what it's really like to be a new mom.

"Being on maternity leave is the hardest job in the world," says Evans. "If I had to do mat-leave by myself, I think I would have gone nuts."

Bloggers Fiona Stevenson (left) and Lyranda Martin Evans. CONTRIBUTED

The two friends both had baby boys, four months apart.

"In my group of friends, there was a group of 2011 babies," says Evans. "I was really lucky. Women love to help each other out."

After attending high school, Queens University and then training at the Second City conservatory comedy program together, it only makes sense Evans and Stevenson would team up for this blog.

Both are unafraid to make racy quips and expose a more realistic image of being a mom.

The writers take personal experiences and stories from mom groups to create a witty list of more than 50 "reasons why mommy drinks."

"It's very cathartic," says Evans. "At the time, it's the worst moment of the day, but it becomes funny."

The blog's name is somewhat controversial, but Evans sees it as a comedic device, playing on the expression "I need a drink!"

"We wanted to have a good hook. It's all written tongue-in-cheek.

"The blog is really about how much we love them [kids]. We're trying to be perfect for them."

Reason #38 why mommy drinks: The Babysitter

"Mommy can't believe she's going to pay a teenager $40 to sit in her living room for three hours (texting her boyfriend and eating Mommy's cappuccino frozen yogurt directly from the tub) while you lie sleeping in your crib upstairs the entire time. But Mommy and Daddy figured that to avoid becoming a statistic, they should spend the occasional Saturday night doing something other than eating take-out Thai food in front of Grey's Anatomy, only to doze off before the latest iteration of "doctor rips off nurse's clothes in the medical supply room." Dressed in her standby LBD and rocking her volumizing mascara, Mommy's actually feeling pretty hot, until the sitter with Angelina legs sprouting from a skirt the size of a Bella Band greets her at the front door."

reasonsmommydrinks.com

Tips for new moms

Lyranda Martin Evans has this advice for new moms.

- **You're not alone.** Reach out to your network. There are friends, mommy groups and hundreds of online and community resources available to you.
- **Get out of the house.** You and your baby will be happier if you get out, even if it's just to go to Starbucks.
- **Speak your mind.** Don't be afraid to speak up. If something doesn't come naturally or you're tired, tell someone. Chances are, you're not the only one.

Postpartum trend

Why I plan to eat my own placenta

Mad Men's return was big news, but January Jones made headlines by announcing her decision to have her placenta encapsulated and the benefits she's seen from taking the pills.

"Your placenta gets dehydrated and made into vitamins," she explained. "It's something I was very hesitant about, but we're the only mammals who don't ingest our placentas."

The revelation was largely met with an online chorus of "Ew, gross!", combined with a few attempts to explain the practice, along the lines of "Well, cats do it…"

Personally, I did a little fist shake of victory when I read about it. I plan to encapsulate and consume my placenta, and every prominent women who talks about it makes my decision seem a bit less extreme.

Nobody is more surprised about this decision than me. When I first heard about placenta consumption, I deemed it about one step above witchcraft.

Fast forward a few years, and now I'm expecting — and planning to hire my doula to take my placenta home, dehydrate it, and put it into little capsules that I can pop post-birth.

I can't say that I'd be up for tossing a hunk of afterbirth in a smoothie or a stew — though there's no shortage of recipes online — but I'm otherwise relaxed about the idea.

What changed? I've dealt with several episodes of clinical depression in my adult life. My depression is being managed well now, but since becoming pregnant I've learned that my history puts me at a higher risk of developing postpartum depression — and frankly, I'm terrified.

Consuming the placenta post-birth is said to protect against postpartum depression, either by making it less severe or preventing it altogether. There is scant research on this, but no shortage of anecdotal evidence and testimonials.

Supporters of the practice say that consuming the placenta after birth provides the mother with iron. Others point to a possible protective effect from the hormones in the placenta.

In the end, I know I'm not going to find a study I can wave in people's faces to prove there's a solid, scientifically established reason to take those pills. But I'm learning parenting will make a person do things she never thought she'd do.

TERRI COLES, MOMMYISH.COM

Catch of the day makes for easy weeknight dinner

This recipe makes two servings. THE CANADIAN PRESS H/O

Sweet and spicy, this catfish only needs a medley of vegetables served along with it or a crisp green salad for an easy weeknight meal.

1. In a small bowl, mix together Dijon and Creole mustards, honey and vinegar. Spread mustard mixture over top of fillets and arrange potato slices over mustard, pushing down gently so potato sticks.

2. In a non-stick skillet, heat oil over medium-high heat. Carefully place fillets potato-side down in skillet and pan-fry for 5 minutes.

3. Remove fillets and place on parchment-paper-lined baking sheet. Bake in centre of 180 C (350 F) oven for about 12 minutes, until potatoes are golden and fish flakes easily when tested with a fork.

4. **Apple and Jalapeno Glaze:** Meanwhile, in a small saucepan combine apple jelly, water, apple and jalapeno and simmer on low heat for about 5 minutes. Keep warm.

5. Remove catfish from oven. Place on serving plates and drizzle with glaze.

THE CANADIAN PRESS/ U.S. FARM-RAISED CATFISH/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE VISIT, EMILYRICHARDSCOOK.CA)

Ingredients

- 15 ml (1 tbsp) Dijon mustard
- 15 ml (1 tbsp) Creole mustard
- 15 ml (1 tbsp) honey
- 5 ml (1 tsp) cider vinegar
- 2 farm-raised catfish fillets (each 175 to 250 g/6 to 8 oz)
- 2 medium potatoes, peeled and cut in paper-thin slices
- 30 ml (2 tbsp) olive oil

Apple and Jalapeno Glaze

- 50 ml (1/4 cup) apple jelly
- 15 ml (1 tbsp) water
- 1/2 apple, peeled and diced
- 1/2 jalapeno, seeded and diced

Healthy eating

Choose it and lose it

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rosereisman.com

There's no better snack for watching a movie than popcorn. However, not all popcorn is created equal.

Smart Food - White Cheddar Popcorn (5 cups)

430 calories/ 25 gm fat/ 640 mg sodium
You're not so smart if you think this popcorn is a low-fat snack.

Equivalent

Extra cheese and oil in Smart Food adds to the calories, fat and sodium. Five cups is a smaller bag than movie theatre small, which ends up being nutritionally better. Five cups is equal to three Chick'n Lick'n burgers on a whole wheat bun with Guk sauce from Lick's in fat.

Orville Redenbacher - Smart Pop (7.5 cups)

120 calories/ 2 g fat/ 240 mg sodium
You're smarter going with Orville. Not only are you saving on calories but the fat is a fraction of the cheese option and there's less sodium.

Corn syrup and cumin for the perfect salmon glaze

Experimenting with salt, soy sauce, garlic and ginger with fruit can make an interesting glaze for fish.

It may also interest you that a household staple such as corn syrup makes for a perfect glaze, like in this recipe

There has been some concern recently about high fructose levels in corn syrup, so it's worth noting that Crown Golden, the corn syrup of choice in this recipe, does not contain high-fructose-corn-syrup.

1. Heat a dry non-stick skillet on medium high heat. Add the cumin and toss for 1 to 2 minutes until the cumin is toasted. Use care not to burn the cumin. Remove it from heat and allow to it cool for about 10 minutes.

2. Combine cumin, garlic salt, black pepper, and dark corn syrup in a small bowl. Mix well.

3. Brush glaze over both sides of the salmon. Grill or broil, turning once and brushing liberally with glaze. Cook 8 to 10 minutes until salmon flakes easily.

NEWS CANADA/ ACHFOOD.CA/ ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA

Ingredients

- 1 1/2 tablespoons ground cumin
- 1 1/2 teaspoons garlic salt
- 1/2 teaspoon fine grind black pepper
- 1/2 cup Crown Golden no-high fructose corn syrup
- 4 salmon fillets (6 to 8 oz. each/ approx 200 g each)

This recipe serves eight to 10 people. NEWS CANADA

Grilled Halibut with Grilled Bell Pepper and Parsley-Anchovy Relish

1. Grilled Bell Pepper and Parsley Anchovy Relish: In bowl, combine red and yellow peppers, garlic, anchovies, extra virgin olive oil, vinegar, parsley and oregano. Season with salt and pepper. Let rest at room temperature 30 mins.

2. Brush both sides of halibut with olive oil and season with salt and pepper. Place, skin side up, on greased grill over high heat. Grill 4 mins. or until lightly browned and firm on the bottom. Turn over, reduce heat to medium and cook for 3 mins.

3. Place fish on serving plates. Top each piece with spoonfuls of parsley anchovy relish. **NEWS CANADA/ADAPTED BY EMILY RICHARDS (EMILYRICHARDSCOOKS.CA)**

Ingredients

- 4 skinless halibut fillets, about 6 oz (168 g) each
- Olive oil
- Salt and pepper

Grilled Bell Pepper and Parsley Anchovy Relish

- 2 each Ontario greenhouse red and yellow peppers, roasted, peeled, seeded and coarsely chopped
- 2 cloves garlic
- 8 white anchovies, chopped
- 1/2 cup (125 ml) olive oil
- 3 tbsp (45 ml) red wine vinegar
- 1/4 cup (60 mL) fresh parsley, chopped
- 1 tbsp (15 mL) fresh oregano, chopped

Queen of Green

Filtering out the problems

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

What's the best water filtration system?
Daria of London, Ont.
It really depends on what you're trying to filter out — the chlorine taste or contaminants like lead and pesticides. Generally speaking, water filters can improve the overall taste, smell and appearance of drinking water and can remove some chemicals. But it's important to select a water filtration system that suits your water conditions.

To do that, you need to know the problem.

If your drinking water contains lead, you'll need to choose a filter that has been certified to remove lead.

Filtration systems normally reduce concentrations rather than removing 100 per cent of the contaminant.

Check out the NSF Contamination Guide, which certifies filters based on the particular contaminant.

Now, if you simply want to avoid single-serving bottled water — and there's no reason to believe bottled is better than tap water — consider a carbon filter.

Quote

"Water filters can improve the overall taste, smell and appearance of drinking water."

Activated Carbon (AC) filters are most effective in removing organic contaminants from water (often responsible for taste, odour and colour problems).

When water passes through the filter, the carbon particles attract and remove contaminants including dissolved substances such as hydrogen sulphide; heavy metals such as lead, mercury and copper; and chlorine.

There are two types of activated carbon filters. Granular AC (GAC) filters use a cartridge packed with granules of activated carbon to trap chlorine, heavy metals and organic compounds.

Solid Block AC filters trap contaminants like pesticides, chlorine, lead and asbestos.

A Solid Block filter mounted on the tap or under the sink will work better than the pitcher types with loose carbon.

But there's good news if you already own a Brita pitcher — filters can be recycled at filterforgood.ca!

Green living — dollhouse-style

Next-generation toys. Dollhouse with different types of green themes helps educate kids as they play

BEN KNIGHT
life@metronews.ca

PlanToys is making eco-friendly dollhouses for tomorrow's generation. HANDOUT

For young children, play is serious business. It's what they do — and how they learn.

That's why PlanToys, an innovative maker of eco-friendly playthings, has created the ultimate green dollhouse.

"The PlanToys dollhouse shows many different types of eco-themes," explains Cal Nicholson, sales and marketing specialist at Playwell Canada.

"It's got a windmill, a solar shade, solar panels, recycling buckets — even the furniture inside features cotton that is all organic."

The concept is deliciously simple.

Along with all the social skills and imagination any good dollhouse fosters, this one turns sustainability into a basic, everyday concept — taken as a given from very early in life.

"The reality is that for the kids, the dollhouse is something cool to play with," Nicholson says.

"But the really big thing about PlanToys actually is about the parents. They know that the eco-credentials of this product are among the highest on the planet, and they feel really good about buying it."

The dollhouse is made from rubber wood trees from Thailand. Normally, these are burned for charcoal once they reach the end of their productive life. Instead, PlanToys uses their chemical-free wood to build toys that are tough, durable — and very green.

"Using chemicals goes completely against the green feature of the product, and they're only using soy inks or natural water-based colours," notes Nicholson. "All the packaging is recycled and recyclable."

The dollhouse isn't cheap — averaging around $200, depending on the retailer. But it's also very durable.

"You're buying a product that is Earth-friendly, that has high quality, and it's evergreen in the sense that kids are going to play with it for a long time. It's not a Walmart item that's going to get thrown away or broken in two weeks."

Nicholson sees the PlanToys dollhouse as an investment in the future — in more ways than one.

"This is something that can be played with by younger siblings or passed on to future generations," he explains. "PlanToys' whole model is sustainable play — in terms of the product itself, and also for the environment."

Child's play, in other words.

By the numbers

$1.2B

Total Canadian toy sales in 2009, according to Statistics Canada. That's down sharply from $1.8 billion in 2004.

An eco-guide on everything to do with you

New book. Ecoholic Body is a savvy resource on everything that comes into contact with our bodies

Author Adria Vasil, an expert on all things green, unveils what's hiding in our hair-styling aids, sunscreens and even our clothing in Ecoholic Body, the third book in her earth-friendly series.

In the extensive guide, which is printed with organic ink, she tells Canadians what they need to know to keep healthy and green while detoxing the planet. Vasil explains what ingredients to avoid when shopping for cosmetics, clothing and condoms while giving tips on natural or organic substitutions and remedies.

In short, it's about everything that touches or goes into our bodies.

"I really wanted 'Ecoholic' to be an exhaustive guide to everything to do with the body," she said in an interview coinciding with this week's publication of the book.

"Not just the body-care stuff ... but I go from shampoo to sandals to supplements to everything in between."

Using her background as a journalist, she breaks down data from researchers and relays it in a conversational, sometimes humorous way.

Her reviews can be ruthless — she tells you straight up if she thinks you're not going to like the way a product performs.

Quote

"Around that time I started paying attention to the bigger environmental issues, realizing, 'Oh, wow, there's a whole world outside my doorstep that I was completely oblivious to before.'"

Adria Vasil, author of Ecoholic Body

Vasil, 36, has been writing about environmental issues for about a decade and began her Ecoholic column for Toronto's weekly NOW magazine in 2004. Her environmental epiphany began in her teens and stemmed from news reports about such issues as acid rain and the Exxon Valdez oil spill in 1989.

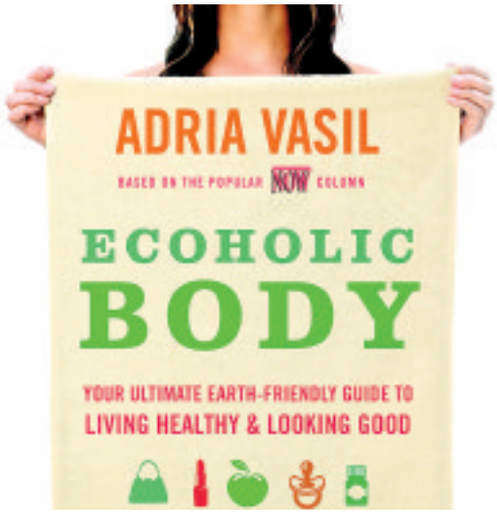
"Around that time, I started paying attention to the bigger environmental issues realizing, 'Oh, wow, there's a whole world outside my doorstep that I was completely oblivious to before.'

"It was around (age) 15 or 16 that I started paying attention to the products that I was putting on my hair, on my skin, that I was using every morning."

Vasil's older brother, who had chemical and environmental sensitivities, died while she was writing Ecoholic Body, and the book is dedicated to him.

"He was the one who led the green charge in our family from the beginning."

THE CANADIAN PRESS



Want your kids to keep learning after school? Here are two trends

Archery. Hunger Games heroine Katniss makes archery cool for kids (minus the hunger and killing stuff)

In schools and backyards, for their birthdays and out with their dads, kids are gaga for archery four weeks into the box office run of The Hunger Games and less than 100 days before the London Olympics.

"All of a sudden sales of bows have tripled," said Paul Haines, a salesman at the Ramsey Outdoor store in Paramus, N.J.

A manager there made a sign for the hunting department: "Quality bows for serious archers and girls who saw the movie."

Archery ranges around the country have enjoyed a steady uptick among kids of both sexes since the movie began cleaning up at the box office March 23, though heroine Katniss — a deadly shot with an arrow — seems to resonate more with girls.

"Katniss is so inspiring," said Gabby Lee, who asked for archery lessons for her 12th birthday in February after reading the popular book trilogy by Suzanne Collins.

"I'm not very sportsy," she said, but now she belongs to a youth archery league near her Hasbrouck Heights, N.J., home. "It feels really good because I'm usually the girl who sits and reads."

Ashley Donzella participates in the youth archery league at Targeteers Archery in Saddle Brook, N.J.
CHARLES SYKES/THE ASSOCIATED PRESS

Buzz

"There's a lot of buzz among young people about archery right now. They want to shoot bows and arrows so badly, they're willing to follow the rules."
Roy Grimes, president of the National Archery in the Schools Program

While some young archers have been doing it for years, motivated by generations of hunters in their families, the parents of others love it for its focus, independence and because they, too, have kids not drawn to more typical team or contact sports.

At seven, Christa Mattessich is too young for the gruesome dystopian world that thrusts 16-year-old Katniss and her fellow youths into the arena for a battle to the death — a battle Katniss wins thanks to the archery skills she honed while hunting game in the woods of her native District 12.

But Christa loves archery just as much and has been shooting for about two years at Targeteers Archery in Saddle Brook, N.J., her dad Anthony Mattessich said.

"I'm an avid bow hunter," he said. "At her age, with other sports, they're just running with each other and chasing a ball, then the ice cream truck comes and that's that. For archery, they're a little bit more dedicated."

Like more than 2 million kids in nearly every state and several other countries, Abbey took archery in gym class this year as part of the decade-old National Archery in the Schools program that trains teachers in the sport and offers discounts on equipment.

"There's a lot of buzz among young people about archery right now. They want to shoot bows and arrows so badly, they're willing to follow the rules," said Roy Grimes, the organization's president.

THE ASSOCIATED PRESS

Knitting. Purling is hip again, as a new generation turns to the clack of the needles

Move over, knitting grannies. Yarn harlots, crochet chicks and knit nerds are taking over and they're not knitting baby booties or crocheting doilies.

More young people are taking up the "stitch and bitch" craft, making everything from conventional scarves and mittens to purses and wraps.

Growth seems to be highest among knitters like Allison Krause Danielsen — 20-somethings looking to express their creativity, reject cheap mass consumerism and decompress in a way that doesn't depend on the technology they are immersed in all day.

Krause Danielsen, a 29-year-old Winnipeg resident, learned to knit at an early age but didn't really take it up seriously until she hit university.

"I've got my iPhone and my computer but it's something that's more tangible and tactile that you can do and it's productive," she said.

"In this age of just being able to go to the dollar store and buy something you can throw away, you have something more valuable if you've knit it yourself."

The Craft Yarn Council of America says young women in their 20s are fuelling yarn sales across the country. Between 2002 and 2004, the council's annual surveys found knitters between the ages of 25 to 34 jumped 150 per cent. Its most recent survey found expressing creativity is what draws this cohort to take up the craft.

Lori Franko, a member who helps run the Ram Wool Co-op in Winnipeg, said their customers range from 20 years old to 90. But in recent years, she said the shop is seeing younger knitters seeking skeins of yarn.

Much of the growing popularity is thanks to the Internet, Franko said. Younger, web-savvy knitters can go online and find everything from free patterns to blogs to chat rooms with advice and support. The web helps feed the do-it-yourself movement that's afoot among younger people, Franko said. THE CANADIAN PRESS

Allison Krause Danielsen knits a pair of socks with some double-pointed needles at a local coffee shop in Winnipeg. JOHN WOODS/THE CANADIAN PRESS

CEO transported from hard worker to hotshot

Moving up. Ajay Virmani pulled out all the stops to guarantee his company's success

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Ajay Virmani came to Toronto from India in 1975 with a strong work ethic and a vision.

He washed windows, fixed car mufflers, then sold vacuum cleaners and life insurance.

But he found his true calling when he got into transportation management and quickly turned a struggling air cargo company around. With an opportunity to go out on his own, Virmani didn't think twice.

"I thought, 'I've got enough contacts in business. If I make $150,000 a year, I'll be happy.'"

That was in 1990 and today Cargojet is Canada's air cargo leader doing 200 million a year in sales.

Virmani says the key to being a successful entrepreneur is to never underestimate yourself and to believe in your skills.

"Take risks, be stubborn, dream and have a sense of purpose when you get up in the morning. At one point I had two mortgages on my house. I paid one credit card to another. Risk-taking ability is the biggest thing an entrepreneur can have."

The final word from the award-winning entrepreneur?

Risky business

"At one point I had two mortgages on my house. I paid one credit card to another. Risk-taking ability is the biggest thing an entrepreneur can have."
Ajay Virmani

"Ask yourself, are you going to be a follower or a leader?"

Ajay Virmani, President and CEO of Cargojet. PROVIDED

4 SPORTS

Quoted

"We have tons of money and if we can use our cap space to get high-end free agents, we have a shot to get right back on top."

Detroit head coach Mike Babcock whose Red Wings were eliminated by the Nashville Predators with a 2-1 loss in Game 5 on Friday.

"This team is too good to be going home right now after five playoff games."

San Jose forward Logan Couture, whose Sharks were eliminated in fives games after a 3-1 loss to the St. Louis Blues on Saturday.

On the web

On Monday night, the Nets will play their last game in New Jersey after 45 years of "misfortune." They will leave East Rutherford and cross the Lincoln Tunnel to set up shop at the Barclays Center in Brooklyn to start the next NBA season. Scan the code for the story.

Danny Briere of the Philadelphia Flyers takes the puck and heads up ice from in front of Zybnek Michalek Sunday in Philadelphia. PAUL BERESWILL/GETTY IMAGES

Flyers charge past Pens

NHL. Philadelphia's Claude Giroux caps big series with sixth goal to help eliminate Pittsburgh

Game 6

Flyers	Penguins
5	1

Claude Giroux had his coach call him the best player in the world.

Giroux needed one shift to prove that claim is more than hometown hype.

He flattened Sidney Crosby only five seconds into the game, buried his sixth goal of the series past Marc-Andre Fleury 27 seconds later, and led a Philadelphia Flyers charge into the second round.

Giroux wrapped up a dominant series with a goal and two assists, Ilya Bryzgalov had his first outstanding effort in net and the Flyers beat the 108-point Pittsburgh Penguins 5-1 on Sunday to win their Eastern Conference opening-round series in six games.

"G is a very special player," Bryzgalov said. "There's not very many players like that in the world."

Giroux strapped the Flyers to his 24-year-old back and gave the team an opening shift to remember. In a series where no lead was safe, the Flyers scored the first three goals and made it stand behind stout defence and stellar play out of Bryzgalov.

Bryzgalov allowed 20 goals in the first five games. He settled down in Game 6 and gave up only Evgeni Malkin's goal in the second period.

The Flyers had stormed out to a 3-0 lead in the best-of-seven series before Pittsburgh won two straight.

Peaceful finish

- The testy series concluded with a peaceful handshake line — and the Flyers having several days of rest to find out their next opponent before the next round begins.

"We needed to play perfect hockey to stay in this series, to win this series, and we didn't get the kind of start we needed today," Crosby said. "We felt like we could get it back to Pittsburgh, and now we have some time to think about why we didn't."

THE ASSOCIATED PRESS

NHL

Bruins win in OT to force Game 7

Tyler Seguin scored at 3:17 of overtime, Tim Thomas made 36 saves, and the Boston Bruins beat the Washington Capitals 4-3 on Sunday to tie the first-round Eastern Conference playoff series at three games apiece.

The defending Stanley Cup champion Bruins never trailed, but needed a stolen pass and a deft bit of skating to finally get the decisive goal and avoid being eliminated by the seventh-seeded Capitals.

Game 7 is Wednesday night in Boston.

In overtime, David Krejci intercepted a pass by Nicklas Backstrom and sent the puck to Milan Lucic, who passed ahead to Seguin.

Seguin, who entered the game without a point in the series, veered slightly to his right to draw goaltender Braden Holtby from the net, then lifted a shot past the rookie to win it.

That kept alive Boston's bid to become the first team to win successive Stanley Cups since the Detroit Red Wings in 1997-98.

THE ASSOCIATED PRESS

Tyler Seguin celebrates his game-winning goal Sunday. NICK WASS/THE ASSOCIATED PRESS

Rangers just want to 'get the next one'

Rangers goalie Henrik Lundqvist looks down after Jason Spezza's goal on Saturday in New York. MIKE STOBE/GETTY IMAGES FILE

If you didn't know the top-seeded New York Rangers were one loss away from elimination, the low-key practice before their biggest game of the season wouldn't have given away the dire circumstances.

After their best season in years, the Rangers are trailing the No. 8-seed Ottawa Senators, 3-2 in their first-round series. If New York doesn't win at Scotiabank Place Monday night and capture Game 7 in New York on Thursday, the 51 wins and the first-place finish in the Eastern Conference won't mean a thing.

Adorned on the wall at the Rangers' practice facility is a motivational saying that can be seen on either side of the circular dressing room: "Everyone wants to win ... not everyone is willing to prepare to win."

But New York has been knocked from the first round the last two years John Tortorella led them to the playoffs.

The Rangers, who dropped games 4 and 5, lost three in a row during the regular season only twice — including the first three games they played.

"Whoever is going to win has to win four," Rangers forward Brad Richards said, "and no one has done that yet."

Only 11 players took the ice Sunday in what could have been the Rangers' final practice of the season, and many of them aren't likely to be in the Game 6 lineup Monday in Ottawa. One player who will, is Carl Hagelin — the speedy rookie forward who finished serving a three-game suspension Saturday night when New York lost 2-0 at home.

THE ASSOCIATED PRESS

By the numbers

20-22

Of the previous 22 times the Rangers were tied 2-2 in a series, the Game 5 winner advanced 20 times.

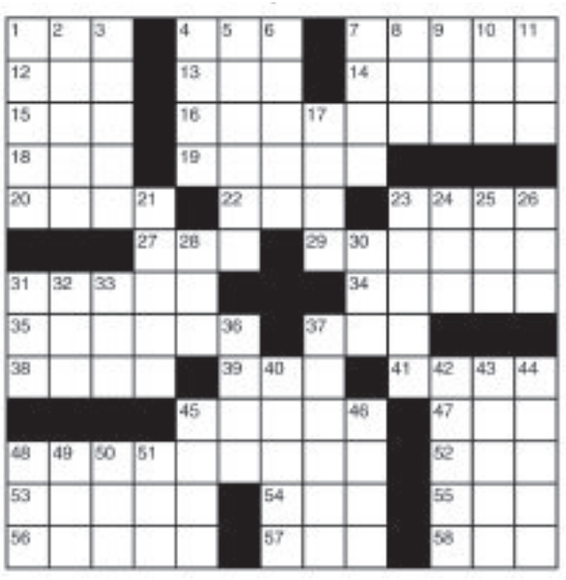
Crossword

Across

1 Foundation
4 PC program
7 Unrefined
12 Inseparable
13 "No seats"
14 Charlie Brown, typically
15 Rd.
16 Star of the show
18 Scepter
19 Poppy derivative
20 Antenna type
22 USN newbie
23 Grit
27 Under the weather
29 Tom Cruise movie
31 Reflection
34 Flora and fauna
35 Astaire/ Rogers film
37 Half a sawbuck
38 Witnesses
39 — -CIO
41 Grand-scale tale
45 Skedaddles
47 Swelled head
48 Hush-hush
52 Jungfrau, e.g.
53 Rigel's constellation
54 Nipper's old co.
55 Country singer David Allan —
56 Pollster's finding
57 Urge
58 Scuttle

Down

1 Enplane
2 Summarizing stanza
3 Gary Cooper role
4 Regarding
5 Drive
6 Visit briefly
7 Untalkative one
8 Jockey Turcotte
9 "Born in the —"
10 Lair
11 History chapter
17 Sculpture of a sort
21 Peak periods
23 Bookbinding piece
24 Past
25 Enthusiast
26 Genetics letters
28 Meadow
30 Kimono closer
31 "Monty Python" opener
32 Larry's pal
33 Gorilla
36 Soft mineral
37 Swindle
40 Staten Island carrier
42 Cobbler ingredient
43 Nome dome home
44 Got by somehow
45 Ward (off)
46 Ollie's partner
48 Youngster
49 Bobby of hockey
50 Slapstick missile
51 Trinity member



Sudoku

		1				2		
	3		4		9		8	
6	5						7	4
		6	9		8	5		
5								9
		4	5		2	6		
8	4						1	6
	1		6		7		9	
		9				3		

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku

1	5	7	4	3	8	6	9	2
9	2	4	7	6	5	8	1	3
8	6	3	2	9	1	7	4	5
6	7	8	3	1	9	5	2	4
4	3	1	5	2	7	9	6	8
2	9	5	8	4	6	1	3	7
7	1	2	6	5	3	4	8	9
5	4	6	9	8	2	3	7	1
3	8	9	1	7	4	2	5	6

Friday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

EBCCTEUGA PTB NMX PTBI CUQFBIO FMYOG RP M RUA MDMEYMG ROMI, U'X QMDD FNMF M YTXUMY JTJOGF.

Yesterday's Cryptoquip: IF YOU FINELY CHOP UP SOME AFTER-DINNER CANDIES, ONE COULD SAY THAT YOU MINCE MINTS.

Today's Cryptoquip Clue: X equals D

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today 27°/10° Sunny
Tuesday 23°/6° Cloudy
Your #1 weather forecast now available in HD.
Check your local listings for details.
The Weather Network | HD
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Horoscope

Aries | March 21 - April 20. This is a week for getting things done, not fretting needlessly.

Taurus | April 21 - May 21. Usually you keep your feelings to yourself but over the next few days you will surprise a few people – and maybe yourself – by how easily you open up emotionally.

Gemini | May 22 - June 20. Enrich yourself and enrich other people too.

Cancer | June 21 - July 22. Romance is in the air: feel it, breath it, enjoy it.

Leo | July 23 - Aug. 22. If you intend to make major changes this week it will pay you to let partners and loved ones know well in advance.

Virgo | Aug. 23 - Sept. 22. The more confident you are the more people you will attract to your side.

Libra | Sept. 23 - Oct. 22. A family or financial matter that has been causing you concern will disappear off your radar today, never to return.

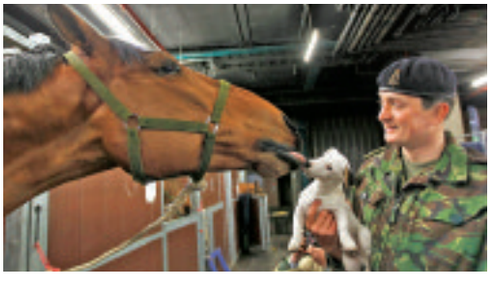
Scorpio | Oct. 23 - Nov. 21. Your one and only priority today is to have a good time.

Sagittarius | Nov. 22 - Dec. 21. If your instincts tell you a certain course of action is right then that is what you must do – even if the rest of the world screams "Don't do it!"

Capricorn | Dec. 22 - Jan 20. The odds may seem stacked against you at the moment but it's an illusion.

Aquarius | Jan. 21 - Feb 18. You may think that people are talking behind your back, and you may think that someone in authority has got it in for you, but that just shows you think too much.

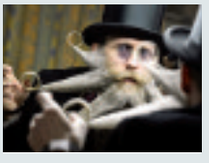
Pisces | Feb. 19 - March 20. If you are the kind of Pisces who needs to be told that you are loved and appreciated then this will be a wonderful day. Almost everyone in your life wants to be nice to you. Why? Because you deserve it, that's why. **SALLY BROMPTON**



Caption Contest

"Hmmm, tastes like chicken!"
Renee
KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

Win!



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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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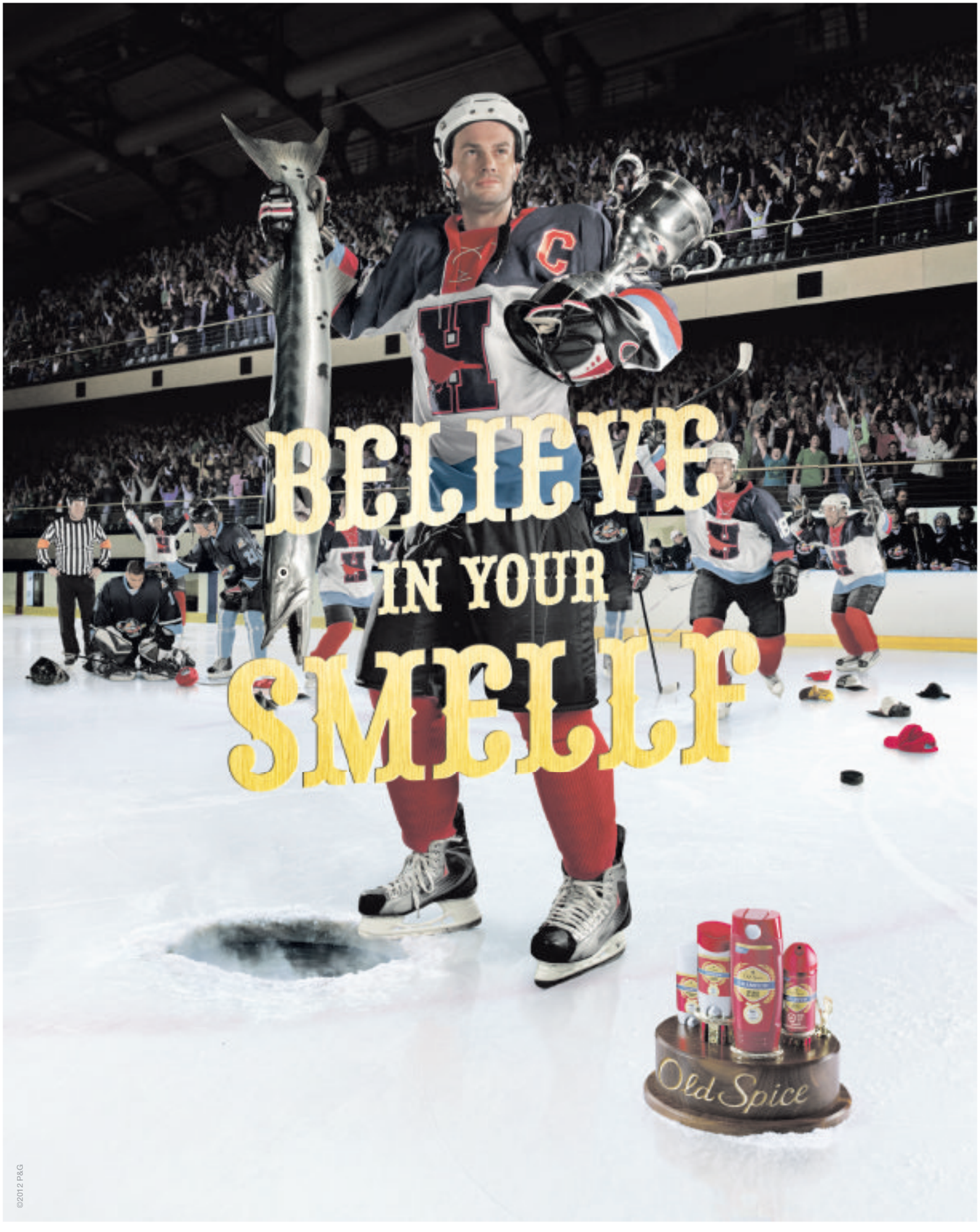

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